

Legacy Food Storage  
White Bean Chili Mix  
Nutritional Facts & Ingredient Statement

## Nutrition Facts

4 servings per container  
**Serving size 2 Cups (101g)**

Amount per serving  
**Calories 350**

	% Daily Value*
<b>Total Fat</b> 3.5g	4%
Saturated Fat 1.5g	7%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 970mg	42%
<b>Total Carbohydrate</b> 63g	23%
Dietary Fiber 1g	3%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 19g	
Vitamin D 0mcg	0%
Calcium 189mg	15%
Iron 5mg	25%
Potassium 94mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



**INGREDIENTS:** White Bean, Pinto Bean, Corn Starch, Corn, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Onion, Sea Salt, Maltodextrin, Yeast Extract, Spice, Green Bell Pepper, Dried Cane Syrup, Red Bell Pepper, Parsley, Celery, High Oleic Acid Sunflower Oil, Silicon Dioxide, Cilantro, Disodium Phosphate, Carrot, Natural Flavor.

**ALLERGENS:** Milk.

**NET WT 14.15 OZ (401.14g)**

**GMO FREE**  
**Vegetarian**  
**Uses Sea Salt**  
**No MSG/I+G/AYE**  
**No Trans Fats**  
**Low Cholesterol**

### **DIRECTIONS:**

**Bring 8 Cups water to boil. Slowly Whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.**